



CANADA'S

SUMMER

STORE

SAVE
UP TO
80%
OFF

YARDWORKS 24V / 12-IN CORDLESS GRASS TRIMMER/EDGER



*2 year repair-only warranty;
1 year warranty on battery*

\$69.97

Reg. \$139.99
#60-2273-4

SAVE
50%

SIMONIZ TIRE FOAM



\$5.97

Reg. \$8.99
#39-2929-0

SAVE
34%

INFLATABLE RIVER RAFT, 72-IN.



\$19.97

Reg. \$59.99
#79-7073-8

SAVE
67%

CCM BACKTRAIL ADULT BIKE HELMET



\$12.97

Reg. \$26.99
#73-4552-8
#73-4553

SAVE
52%

RENEGADE FISHING ROD & REEL SPINNING COMBO



\$14.97

Reg. \$34.99
#78-0896-4

SAVE
57%

Limited Quantities Available • Thursday, July 3rd to Sunday, July 6th, 2014

MCLEOD RD.
NIAGARA FALLS
905-350-0181

MONROSE RD.
NIAGARA FALLS
905-354-3948

GARRISON RD.
FORT ERIE
905-871-1864

WEST SIDE DR.
PORT COLBURN
905-895-1155



CANADA'S

SUMMER STORE

MASTERCRAFT DIGITAL TEMPERATURE READER



\$19.97

Reg. \$99.99

SAVE
80%

#57-4554-4

SINGLE AIRBED, 2-PC



\$17.49

Reg. \$34.99

SAVE
50%

#76-2476-6

SIMONIZ 2000 PSI ELECTRIC PRESSURE WASHER



\$199.97

Reg. \$299.99

SAVE
33%

#39-8557-8

21-FT MULTI-TASK LADDER



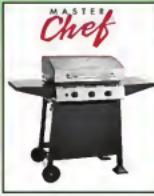
\$139.97

Reg. \$299.99

SAVE
53%

#61-1056-6

MASTER CHEF 3 BURNER PROPANE BBQ



\$129.99

Reg. \$169.99

SAVE
23%

#199-9558-8

MCLEOD RD.
NIAGARA FALLS
905-358-0161

MONTROSE RD.
NIAGARA FALLS
905-354-3848

GARRISON RD.
FORT ERIE
905-871-1564

WEST SIDE DR.
PORT COLBORNE
905-835-1155

LOCAL NEWS

CHILD ADVOCACY

Centre to be renamed for Kristen French

KAREN WALTER
QMI Agency Niagara

A Niagara centre that helps children cope with child abuse is being renamed to honour St. Catharines murder victim Kristen French.

Child Advocacy Centre Niagara will be renamed Kristen French Child Advocacy Centre Niagara, in an unveiling on the centre's sixth anniversary Sept. 16.

Executive director Janet Hardy said many child advocacy centres are named after child victims who have affected their local communities.

"Six years in, we're established, we're running and we felt it was time to recognize that horrendous event here in St. Catharines and memorialize Kristen and pay tribute to her family's involvement in getting the centre up and running."

Kristen's parents, Doug and Donna French, have been involved with the Foster St. centre in St. Catharines as volunteers since its inception.

Doug French helped spearhead the fundraising drive to open the centre and the couple released butterflies and spoke at its official opening Sept. 16, 2008.

The centre streamlines Niagara child abuse investigations by bringing Niagara Regional Police detectives, Family and Children's



QMI AGENCY NIAGARA FILE PHOTO

A photo from the inside of Child Advocacy Centre Niagara in St. Catharines.

Services Niagara workers and other agencies under one roof.

Child victims can tell their stories in an environment that is child-friendly, comfortable, instead of doing interviews over and over again with various strangers.

The children who come

to the centre are victims of physical abuse, sexual abuse, Internet exploitation or are witnesses to violence. Last year, 267 child abuse interviews were done at the centre with Niagara child victims and their family members.

The renaming announce-

ment was made at Child Advocacy Centre Niagara's annual general meeting this week.

Kristen French was a 15-year-old Holy Cross Secondary School student when she was abducted by Paul Bernardo and Karla Homolka and killed in 1992.

Hardy said the name, chosen by the centre's board, reflects the range of child abuse that exists, whether by a family member or a stranger.

"When the results are as horrific as Kristen's life being lost, that's the far range of child abuse that

Gillespie
Auto centre



Chris Herolt
Bob Charron
Nathan Herolt
Wendy Price
Sales Representative
Sales Representative
Sales Representative
Sales Representative
Sales Representative



2006 CHEVROLET COBALT
60,000Kms
\$8,500 + hst



2009 TOYOTA CAMRY
67,000Kms
\$13,988 + hst



2007 TOYOTA YARIS
41,000Kms
\$8,988 + hst



2006 VOLKSWAGEN PASSAT
148,000Kms
\$9,988 + hst



2009 DODGE CALIBER
126,000Kms
\$10,988 + hst



2010 FORD GRAND C-MAX
800Kms
\$14,488 + hst



16 Lincoln St. Welland
JUST WEST OF PRINCE CHARLES
www.gillespieautosales.ca
905-735-7151



2007 DODGE CALIBER
1 over 2.0 Ltr DOHC 16-Valve,
4 cyl, QVT transmission,
Air Conditioning, Cruise Control
Only 32,000 kms
\$11,488 + hst

ONLINE

Get breaking news as it happens.

www.inportnews.ca

The welcoming God

GORD ABRAHAM
Port Colborne Baptist Church

Standing on the sidelines, watching and listening in on Jesus and his religious enemies as tensions grew, we read Luke who writes, "Jesus became increasingly popular among notorious sinners — tax collectors and other social outcasts.

The Pharisees and religious scholars noticed this." They said, among themselves, "This man welcomes immoral people and enjoys their company over a meal!" (Luke 15:1-2).

Jesus followed up on this venomous critique with a threefold story of a lost sheep that is pursued and welcomed back by the Shepherd, an inanimate coin that is lost and pursued until found by its owner and finally two sons who are lost and pursued by their Father, with only one being found.

The last story, of this three-in-one story, is the most vivid picture of what Jesus was getting across to his unwelcoming

opponents. He is showing them clearly and unashamedly that God (as portrayed in the father of the 2 sons) is a pursuing and welcoming father who runs out to the youngest son. This son had wished his father was dead, and returning home as a fugitive, his father, against all social tradition and laws, unreservedly welcomed him back. The same takes place, during the welcome home party, when the older and stay-at-home son hears of the return but angrily refuses to enter the party. The father goes out to this internally rebellious son and invites him into his presence. The story ends with no response from the older.

In both sons rebellion and alienation from the father is expressed differently, one through willful living and the other through blind obedience. The father welcomes both.

One of the multiple lessons Jesus' story is the portrayal of God as a welcoming God. He is hospitable, making no conditions for welcoming all strangers and foreigners. In both sons there is evidence

that they were estranged from him and in both cases the father welcomes them and is hospitable to both equally.

So, what am I getting at?

I want us to learn that the Christian church or to be more specific, followers of Jesus Christ are a welcoming people and subsequently influence our communities and our societal structures. Why? We have, for the most part, stopped being hospitable like the very God who has welcomed us through his Son, the Lord Jesus Christ. We have retreated into the comfort of our own kind. He has come to us, foreigners and strangers and has chased us down and put on his Son, our sin, death, and brokenness. He played no favourites. He welcomes all and is hospitable to all.

So, what are we getting at?

Let's start this summer as followers of Jesus, to open up our hearts and lives to others who do not know God and are in need of others in their lives. Let's use our time, lives, resources, homes, backyards, patios, and decks to be a welcoming people of refuge, peace, acceptance and

friendship.

Don't just do this with family and friends — that's not really hospitality. Ask God to direct our steps this summer to people who are alone and in need. Let's welcome them into our life and the life of God.

Years ago, I was travelling and ministering in Brazil. I was invited to go and meet fellow followers of Jesus, living in the desperate Favelas of Sao Paulo. Much to my amazement, we were welcomed as family into their scrap homes, with virtually nothing but scrap furniture to seat us. In spite of what they did not possess, they welcomed us as special guests. I was humbled and encouraged to see it's the heart for others, like the heart of God, that counts.

God has welcomed us as strangers and foreigners in Jesus of Nazareth — Jesus the Christ. God has invited us into His family and into his company. Let's use this summer to begin to do the same with others we do not know. For God's sake.

Shipwrecks – Jalabala

SKIP GILLHAM
For QMI Agency Niagara

The ship of Scindia Steam Navigation Co. earned a bit of a stir when they first began coming through the St. Lawrence Seaway in 1963.

Painted on the bow was an Indian religious symbol that was interpreted by most North Americans as a swastika. Once explained, their ships were welcomed all over the five Great Lakes.

jalabala was only one of the 48 company freighters to visit inland ports and it sailed as such until 1976.

The vessel was carrying bagged cement, under a fifth name of *Sabrina* when it began leaking on July 31, 1998. But the crew mutinied en route to Mogadishu, Somal Republic, for repairs, and the master was forcibly removed.

The 147-metre-long vessel was ultimately sold for scrap and arrived at Alang, India, for dismantling on March 31, 2000.



GENERAL NOTICE: The contents of this newspaper are protected by copyright and may be used only for personal, non-commercial purposes. All other rights are reserved and commercial use is prohibited. To make any use of this material you must first obtain the permission of the owner of the copyright.

For further information, contact Dave Johnson.

LETTERS TO THE EDITOR: Copyright in letters and other material submitted to the publisher and accepted for publication remains with the author, but the publisher and its licensees may freely reproduce them in print, electronic or other form.

LOCAL NEWS

■ **HOSPITALS:** Truly phenomenal year' for health system says board chair

NHS shrinks deficit, eyes balanced budget

KAREN WALTER
QMI Agency Niagara

Niagara Health System has managed to dramatically chop its deficit to less than a half-million dollars and is on track for a balanced budget in 2015, members of the board and guests agreed.

Interim president and chief financial officer Angela Zangari told people gathered at NHS's annual general meeting the deficit shrank from \$25.4 million in the 2012-13 fiscal year to \$470,000 in the 2013-14 fiscal year.

NHS had forecast a deficit of \$13.2 million.

"We had a very successful year and we're forecasting being close to being balanced this fiscal year as well," she said afterward at St. Catharines hospital, where the meeting was held last Tuesday.

The health system ended its fiscal year March 31 with a surplus of \$1.7 million, before net capital expenditures, compared to a deficit last year of \$19.2 million.

Zangari said there were a number of initiatives put in place to reduce the deficit. Besides getting additional

base funding, NHS implemented more than \$12 million in cost savings, including reducing overtime, making bulk purchases with other hospitals for items down to sutures and staples and coming up with more revenue-generating ideas from parking and other areas.

An overtime task force, for instance, determined that by hiring a few additional staff, it could reduce costs. It managed to cut overtime by 16.6%.

Zangari said having one St. Catharines site, which opened March 24, has been a success, with the two remaining the two older hospitals on Queenston and Ontario Sts. The creation of one maternal child unit for the region also improved efficiency and increased quality of care.

Base funding from the Ministry of Health and Long-Term Care and Local Health Integration Network increased by \$14 million.

But the money wasn't a windfall. The reason the increase was in relation to additional expenditures related to the new hospital.

Next year's deficit was originally forecasted at \$3.5 million.

Board chair Dr. Barry Wright said it was an "enormous and extremely phenomenal year" for the NHS.

It was the first full fiscal year the NHS has had a board of directors. In 2011, the board was dissolved and a provincially appointed supervisor put in charge. That supervisor, Kevin Smith, now the chief executive officer, announced the new board in April 2013.

"We saw the challenges. We were in a tough place fiscally. It was a matter of, 'What can we do to move us forward?'

Wright said.

He said Zangari and Smith were instrumental in convincing Queen's Park the NHS was being frugal and working hard to find efficiencies but needed an increased base budget.

"I think the key thing is patient quality is still No. 1 for us. We're not going to be doing things that are going to put any challenges on that," he said, adding the board wants to keep resources in frontline workers.

karen.walter@sunmedia.ca

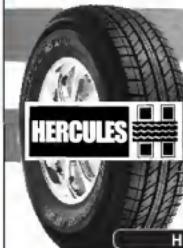


ANGELA ZANGARI

www.InPortNews.ca

MURDOCH'S Celebrating 54 Years as Tire & Mechanical Experts

SAVE \$40 ON A SET OF 4



P175/70R13
Reg. \$69
Special ON 4 \$224

P185/65R14
Reg. \$74
Special ON 4 \$244

P195/65R15
Reg. \$94
Special ON 4 \$284

P205/55R16
Reg. \$104
Special ON 4 \$364

FREE INSTALLATION, VALVE & BALANCING
HERCULES MRX IV - 440 TREADWEAR

SAVE MONEY WITH IMPROVED GAS MILEAGE AND TREAD WEAR
4 - NITROGEN FILLING SPECIAL \$39.95

Alignment \$4900 With a 4 tire purchase	Safety Checks! \$5900 Most vehicles	Lifetime Warranty!	Lube, Oil, Filter \$2995 From Parts & labour
---	---	--------------------	--

Sale Expires: August 31st, 2014

Murdoch's ONE STOP TIRE & AUTOMOTIVE
PROFESSIONALS FOR 54 YEARS •
285 Killaly Street W., Port Colborne 835-8832 www.murdochstire.com

Who you are insured with doesn't matter...
...until it DOES!

PICK your PRIZE!
Get a Quote to WIN
Up to \$1000 Gift Card
from the business of
your choice!
Conditions Apply
See website for details*



Call Today for a Free Quote and Compare!

905-834-3228

Save
up to
30%

WI WHITES'
INSURANCE



Sandy White



Heather Price

45 Clarence St. W. Port Colborne • www.whitesinsurance.ca
Auto • Home • Business • Marine • Life • Bonds



LOCAL NEWS

■ INFRASTRUCTURE: Flashers shouldn't be a problem for Port Colborne

LEDs will light Port Colborne streets

ALLAN BENNER
QMI Agency Niagara

Port Colborne is following Welland's lead retrofitting its streetlights with LED fixtures, despite problems with flashing bulbs and dimly-lit sidewalks. Rose City residents experienced.

Monday, city council approved a recommendation to issue a request for proposal looking for companies interested in replacing all 1,880 high pressure sodium streetlights in the city with energy efficient LEDs.

The project is the culmination of more than a year's work by the city and hydro board, looking at ways of cutting the Port Colborne's utility bills.

Earlier this year, the city set aside \$1.2 million in its budget to pay for the streetlight retrofit — an investment that the city expects to recoup within the next five years through energy and maintenance savings. The city currently spends more than \$280,000 a year in electricity bills to power its streetlights.

"The hydro board really did their due diligence with respect to the pay-back," said Mayor Vance Badaway.

He said the city will do its best to ensure that by the end of this year, "we'll have a total retrofit of the entire city going LED."

"I have to give Welland a lot of credit for taking that leap because they were one of the first, and with being that there are no benchmarks or templates," Badaway added.

Despite some of the bugs Welland experienced with its LED streetlight installation, Port Colborne expects and did not experience. Chris Lee said the technology has since improved.

"As you can imagine the LED design is increasing exponentially in its sophistication," Lee said.

The city has also conducted "a bunch of research on our own," talking to manufacturers and suppliers as well as municipalities such as Welland that have already installed LED fixtures, hoping to determine the best lighting system to install in Port Colborne.

Despite concerns expressed by some Welland residents about darker streets due to the new lighting, Lee said many of the old high pressure sodium bulbs were too bright when they were installed more than 30

years ago. "It became daylight all through the night and people have gotten used to that," Lee said.

Streetlights are designed to light the street, he added — not the entire neighbourhood.

"That's the case of an education process that has to happen with the general public,"

he said. "It's not a security light for someone's backyard."

Badaway said Port Colborne already has LED streetlights installed along Killaly and Main Sts., and so far those lights are doing the job they were designed to do.

"There's no question that it's a different kind of lighting, however it lights exactly what

you want to light with respect to the street itself," Badaway said.

Lee said the city hopes to award a contract for the light installation before city council becomes a "lame duck" due to the pending election. allan.benner@sunmedia.ca

Twitter: @benner1

Start your day with focus!



See the details at www.lasikprovision.com

Receive as an added EXCLUSIVE initial 10% off glasses and a 3 year vision care plan

\$350

All procedures booked by July 30th

See Now, Pay Later! **0% DOWN 0% INTEREST**

PROVISION
LASIK & CATARACT CENTRE

1-888-510-2020

905-371-3217

www.lasikprovision.com

DR. ANDREW W. DESLOIS

MD, FRCS(C), Dip. ABDO





Good state



better state

State Farm

State Farm Fire and Casualty Company, Aurora, Ontario

130219442N

With State Farm home insurance, your experienced agent will help guide you through all aspects of your policy. From advice on policy specifics to information about discounts, our extensive product knowledge has you covered. Welcome to insurance with icing on top. *Get to a better state.* Get State Farm. CALL ME TODAY.

Mark Guilbeault, Agent
220 Main Street West
Port Colborne, ON L3K 3V4
Bus: 905-835-0521
Toll Free: 866-748-7062
www.markguilbeault.com

ONLINE  **Get breaking news as it happens.**

www.inportnews.ca

Summer pleasures: Heirloom poppies, garden walks

S erendipity may sound old fashioned, but it is the perfect term to describe the sense of happiness and childlike wonder that we experience when something goes right.

A patch of red poppies brightened our shrub border for several years. Self-sufficient to a fault, their blue-grey leaves would appear, followed by thick patches of deep red flowers, then ornate seed pods. A fence and new tomato garden spelled the end of the poppies, or so I thought.

With several years of growth on the new tomato garden and annual cultivation (read disturbance) of the soil, dormant poppy seeds sprang back into action across the back of vegetable patch. The following spring, packets

of Peony-flowered and Heirloom Pepperbox poppies were sprinkled on site, with the hopes that they would work. A weak structure and tiny flowers seemed to be all the plants could muster. The show was disappointing to say the least, but I shook the healthiest seed back in the garden, and hoed in the weaklings before they could flower.

So where does serendipity come in?

The garden was divided into a series of six raised rows, with room to walk between each row. By late May, I decided to forgo the roto-tiller, because of the wet spring, and cultivate the rows with my little hand hoe. As I worked the soil, I noticed the top of each hill was lined with silvery-blue seedlings — poppies. I carefully shaped the hills, without disturb-

ing the seedlings.

The garden was brimming with a bumper crop of healthy poppies by early June. I harvested the some seedlings along the rows, sacrificing a few poppies along the way.

Today, the first brave poppies are in flower. Tall husky plants, with glaucous, blue-green leaves, heavy green buds weigh the poppy's wiry stems down, until they suddenly straighten up as the petals open. I am in awe. Mother Nature has worked her magic. Both types of poppy are flowering, had we cultivated the garden on schedule, I would have destroyed the poppy seedlings. Serendipity prevailed.

Heirloom Pepperbox Breadseed Poppy (Papaver spp) offer glorious flowers, handsome pods and nutty-tasting seeds.

Nodding stems of crepe-like red single petals, with a black dot at the base of each petal, surround an ornate central. Large seed pods develop after the flowers have dropped, blue-black seeds are ready to harvest once they are dry. Check a ripe pod by breaking it open to make sure the seed is dry. Cut the stalks and bunch the pods upside down in a large paper bag to dry. When the seeds are completely dry, remove the stalks and any debris from the seed and store them in a closed jar or freeze for later use.

Use the seed to enhance savoury and sweet breads, cakes, bagels and salad dressings. Dried seed pods make beautiful additions to flower arrangements. Peony Flowering Poppy (Papaver paeoniflorum) are tall, double-flowering annual poppies. Like their

namesake, each flower has hundreds of softly ruffled petals, packed in luxuriant shades of pink and cream. A raised green button punctuates the centre of each flower, and is virtually smothered with a dome of petals as the flower matures.

Sow seeds of annual poppies in the late fall or very early spring, well-drained soil and sunny location is best. The seed can handle frost and bloom best when the

plants get a good start in cool spring temperatures. The seedlings are as they become established, eventually allowing 15 to 20 centimetres between each plant, they need room to mature; keep them watered if the weather is dry. Deadheading will help prolong blooming.

Theresa Forte is a local writer, photographer and speaker. Reach her by calling 905-351-5740 or by e-mail at theresa.forte@sympatico.ca.

IT'S GARDEN WALK TIME

If you love gardens, the first weekend in July promises to memorable — local horticultural societies have pulled together some amazing gardens for their annual garden tours.

From historic properties to modern designs, these will be something for everyone. Proceeds from the garden tours help to fund local projects sponsored by these non-profit groups.

■ The Grimsby Garden Club is celebrating its 50th anniversary with a spectacular garden tour on July 5 from 10 a.m. to 4 p.m. Visit their website at www.grimsbygardencouncil.ca. Tickets are \$25 each. If a group of 10 or more tickets are ordered, in the Niagara area, it will deliver them, if it is not convenient to come to Grimsby.

■ The 23rd annual Niagara-on-the-Lake Horticultural Society Garden Tour is July 5 from 10 a.m. to 4 p.m. Tickets are \$10 and can be purchased online. Complete tour information is available at www.nothortsociety.com/gardentour.htm.

■ St. Catharines Horticultural Society's annual garden tour will be held July 6, from 10 a.m. to 4 p.m. Tickets are \$10 and will be available on the day of the tour at any of the gardens. Visit: www.gardenontario.org/site.php/stcathens/news and click on the Garden Walk 2014 tab for full details and a list of participating gardens.

**ARE YOUR FEET
READY FOR
Sandals?**

Pedicure/Manicure
with/without
Gel or Shellac Polish
Certified Tech
Gov't Inspected

AT
**Ginny's
Fancy Footies**
905-380-6409

BRING THIS COUPON IN - 10% OFF
PURCHASED AFTER JULY 1, 2014

COUPON NOT VALID ON NAIL SERVICES.
No cash value. No gift certificates.
www.fancyfooties.ca

By APPE. ONLY

the Smokin' Buddha
RESTAURANT & MARKETS

Tuesday: 4:30 - 10:00
Wed. to Sat: 11:30 - 10:00
905-834-6000

The Old Railway Station, 265 King St.,
Port Colborne, ON.
www.themoskinbuddha.com

Come See Us At The Market!

We'll give you something to SMILE about!

• Full & Partial Dentures • Emergencies & House Calls
• Free Consultation • Upper & Lower Dentures
• Same Day Repair • Emergency Service Available

Norbert Gieger » 18A Water St., Port Colborne
905.835-2155



Come Chill on the Hill
2014 JULY 17, 18, 19 & 20

Visit.PelhamSummerfest.ca



■ INFRASTRUCTURE

Construction season returns

ALLAN BENNER
QMI Agency Niagara

Caution — construction ahead.

Signs bearing that warning should be a common sight in south Niagara in the coming weeks, including a number of projects in Pelham.

A regional project to repave Regional Rd. 20 from Peachtree to Lookout St. at a cost of about \$4 million, said Mayor David Augustyn.

Plans include new bike lanes, sidewalks on both sides of the street, new watermain and a new turning lane to Haist St. for northbound traffic as well as new traffic signal lights.

"It's a major project that Haist St. goes from one end to the other," he said, adding the work will likely be done without detouring traffic.

In addition, the town has awarded a \$4-million contract to Stevensville Landscaping for the "total revitalization of downtown Fenwick."

Augustyn said the project will make the community "more walkable," with new trees, sidewalks and landscaping, as well as new water lines and storm sewer.

"It's a big project," he said, adding the work is expected to begin in the next few weeks with Rankin Construction assisting with the "heavy lifting."

CONSTRUCTION ZONES

Regional Road 20 reconstruction, downtown Fenwick on Camboro Rd; Port Robinson Rd. reconstruction and sanitary sewer.

The reconstruction of Port Robinson Rd. will continue with plans for new pavement from Station St. to Rice Rd.

Augustyn said the plan also calls for the installation of a new septic sewer, but homeowners don't have to hook up to it.

He said normally when sewers are installed property owners must pay for the installation, "but we're not doing that."

But since the sewers are intended to serve a nearby development in the area, he said existing property owners will only have to pay for adding a new sewer pipe on their own property.

Augustyn said the town is also spending about \$40,000 to repair roads damaged by flooding this spring on Roland, Sulphur Springs and Ellifingham Rds.

allan.benner@sunmedia.ca
Twitter: @abenner1

LEAKY BASEMENT ?

Wet & Humid
No More!



- OUTSIDE WATERPROOFING
- FOUNDATION REPAIRS
- STRUCTURAL LIFT
- FOUNDATION STABILIZATION
- SPRAYED RUBBERIZED JACKET
- EPOXY INJECTION
- CAMERA INSPECTION
- DRAINAGE WORK
- INT & EXT WEEPING SYSTEM
- SUMP PUMP
- BACK FLOW VALVE
- SEWER REPLACEMENT
- WATER LINE UPGRADE

WWW.WETANDHUMIDNOMORE.CA

Office : (289) 296-3076

Mobile : (905) 329-8766

Toll Free : 1 800 578-0991



LOCAL NEWS

ENJOY
OUTDOOR
ADVENTURES!
WITH YOUR SUBSCRIPTION TO
THE TRIBUNE

Outdoor Canada SPECIAL ISSUE 2014

Fishing

81 HOT SPOTS!

Cottage Life

SMALL SPACES

SAVE OVER!
78% off the NEWSSTAND PRICE

ONLY \$84.00
FOR 26 WEEKS OF HOME DELIVERY!

ENJOY CONVENIENT HOME DELIVERY OF THE WELLAND TRIBUNE AND RECEIVE A ONE YEAR SUBSCRIPTION TO YOUR CHOICE OF COTTAGE LIFE OR OUTDOOR CANADA.

ENJOY THIS GREAT CANADIAN NEWSPAPER COMBO FOR AS LITTLE AS \$3.25/WEEK!

TO TAKE ADVANTAGE OF THIS OFFER PLEASE CALL TOLL FREE 1-855-533-5594

Offer valid to new subscribers only who have not had home delivery in the last 30 days. 26 weeks of home delivery plus your choice of Cottage Life or Outdoor Canada. *Price includes HST. Offer is valid only where home delivery is available not available in all areas and may not be used in conjunction with any other offer. Please allow 10-12 weeks for mail delivery of your selected magazine. 1 year subscription to Cottage Life and Outdoor Canada equals 6 issues. Credit Card Payment Option only. Total obligation \$80.00 + \$4.00 tax = \$84.00. Offer expires August 30, 2014.

LOCAL NEWS

Food blog has the Wright stuff

TIFFANY MAYER
For QMI Agency Niagara

She comes from Niagara food royalty.

Laura Wright, whose father Mark is the owner of Wright Bros. Produce on Ontario St., is carrying on that legacy, not by selling fresh fruits and vegetables but by writing about the best ways to use them, on her blog *The First Mess* (thefirstmess.com).

Her way with words and technological food photography recently caught the attention of those at the top of the food writing chain. Her site was named best special diets blog of 2014 by the editors at *Savour Magazine*, the monthly glossy out of New York that's a staple in every serious foodie's reading diet.

Perennial favourite food lit and recipe site *Seven Spoons* (sevenspoons.net), written by St. Catharines native Tara O'Brady, was also nominated in the best cooking blog category of what's been dubbed the Oscars of food blogging, the annual *Savour Best Food Blog* Awards.

They recognize the best in online food writing, and more than 32,000 blogs were nominated for the honours by readers of the magazine.

Wright learned of her win during her shift serving at Windows by Jamie Kennedy, in Niagara Falls last month. "When I checked my e-mail from work, I freaked out. I was really honoured," Wright, 29, said.

"I told my mom in the car and she said, 'What does that mean?'" said "It's a really big deal!"

And it is. Not only did it earn her a trip to Las Vegas to represent the awards and put her work in the international spotlight, it's the kind of recognition that comes with the opportunities about which most food bloggers only dream.

Wright is being persistently wooed by publishing companies interested in having her pen a column.

That wasn't the ultimate goal when she started *The First Mess* three years ago, but it wasn't long before her hobby landed her high-profile writing gigs with *Clean Eating Magazine* and *Food and Wine* Blog.

Wright's recipes have been picked up by Martha Stewart Living, Eating Well, The Green Kitchen, The Kitchen and the Food & Wine Blog.

Her favourite recognition, however, comes by way of e-mail from readers who try

out her plant-based recipes and thank her for her efforts — even the carnivorous readers, or perhaps especially those.

"That's enough for me," Wright said.

Her grandfather Stan started the family's store in 1966 as a roadside stand in Niagara Falls. Wright's passion for playing with her food and creating recipes was really ignited, though, while she was studying food ethics and philosophy at the University of Toronto.

It was during her environmental ethics classes, where the importance of farmland was raised, that she got a clearer idea of what she should do with life.

After graduating, Wright entered the environmental culinary program at Toronto's George Brown College. Unlike most cooking schools where nutrition is more of a side note to learning how to create in the kitchen, the nutritional culinary program serves up a heavier helping of how to do it in a healthier way.

Wright, who grew up in the Niagara Falls area, returned to Niagara in 2011 and with some extra time on her hands started creating recipes and posting them

online. They're often accompanied by a personal story, making the how-to's that much more appetizing for readers.

Follow her blog or her camera skills on Instagram, and it's obvious Wright is a big fan of the avocado, but every locavore has their foreign vice. The freezer at her two-story house is jammed with frozen raspberries from her father's garden, which

also helped keep the family in seasonal fare when Wright was growing up.

Her Twitter feed and blog often give thanks to Mark Wright for delivering to her a share of his latest harvests. Still, if only Niagara grew avocados, she said wistfully.

"I don't have any guacamole," she said with a smile.

"I try to eat everything I can to eat locally," she added,

noting she'll willingly pay double the price for local food rather than settle for cheaper imports. "I think for allowed avocados."

Tiffany Mayer writes about local food and farming at eatniagara.com. Her first book, *Niagara Food: A Flavourful History of the Peninsula's Bounty* (*The History Press*), will be published later this year. You can reach her at eatniagara@gmail.com or follow her on Twitter @EatingNiagara.



SUBMITTED PHOTO

Laura Wright is the author of *The First Mess*, a food blog recently selected by the editors of *Savour Magazine* as the best special diet blog in the 2014 *Savour Best Food Blog* Awards.

DENNIS O'REILLY CONTRACTING AND CARPENTRY

Look no further to get professional results

- Remodeling the Niagara Region for the past decade
- Dedicated to providing the finest quality of service and materials for your dollar
- Written warranties

Always a fast, friendly and FREE estimate

"Don't settle on part time service"

Ph: 905-894-8599

Dennis O'Reilly
GENERAL CONTRACTING
"Honest from start to finish"

• Bathrooms • Kitchens • Decks • Additions
 • Kitchens • Fences • Pergolas • Garages

Free Estimates **905-894-8599**
www.dennisoreillycontracting.com

showboat
FESTIVAL
theatre
PORT COLBORNE



Test Drive

Comedy by *Dave Carley*

July 9th to July 13th

Earl Hughes loves his wife and kids, but cars have always been his passion. His journey begins in 1954 - a hurricane is brewing, but he still thinks he can sell a Nash Metropolitan to a would-be starlet. From there, he drives through the Cold War, detours around Woodstock, and eventually comes to a screeching stop in 2014, where an inevitable turn of events threatens to put an end to his joyrides for good.

For tickets call the box office 905-834-0833

For more details, visit www.showboattheatre.ca



IMPORT NEWS DATEBOOK

FABRICLAND
 CANADA'S FINEST FASHION FABRIC INSTITUTE
www.fabriclandwestern.com

Thanks

Customer Appreciation Shopping Spree

3 DAYS ONLY!
 Friday, July 4 - Sunday, July 6, 2014

ALL* IN STORE STOCK

50% OFF
 OUR REGULAR PRICE

**ALL DRAPERY-ALL QUILTING-
 ALL READY MADE CURTAINS & PILLOWS
 ALL BASICS-ALL NOTIONS-ALL FASHION FABRICS
 ALL TRIM-ALL DRAPERY HARDWARE**

*Sale price good on selected regular priced in stock merchandise only, no special orders. Not valid on prese
 nts, ends, books, yarn, fabrics, trees, sewing tables & machine, fest, 2 pack drapery panels, curtain drapery
 labour, etc. *Some restrictions apply to our extended hours. No cash back on purchases.
 No cash back on previous purchases. VALID ON ABOVE DATES ONLY-NO EXTENSIONS.

Special Selection
Summer Fashion Fabrics
 Buy 1 Meter
 At our regular price
**Get 2 Meters
 FREE**
 From some bolt

All In Stock
Vogue Patterns
SALE
\$7.99 each
 No Limit

CUSTOM DRAPERY NOW AVAILABLE AT ALL LOCATIONS
 SEE IN STORE FOR DETAILS

FABRICLAND
 575 WELLAND AVE., ST. CATHARINES
685-6595
www.fabriclandwestern.com

Store Hours:
 Mon.-Fri. 9-9 • Sat. 9-6 • Sun. 12-5
 34 DOUGLAS AVE., WELLAND
734-3836

FRIENDSHIP THAT IS GOOD 4 US

**BEACHCOMBERS 50+
 SENIORS CLUB**

Rosefest Summer Bazaar

Saturday, July 5th • 9am. - 2pm

237 RIDGE ROAD, RIDGEWAY

join us!

JULY 3

CONCERT IN THE PARK

Port Colborne Concert Band begins its summer concert series with a performance at the H.H. Knoll Lakeview Park bandshell, under the direction of Brenda Fairchild Green. The concert runs 7:30 p.m. to dark. Bring a lawn chair.

JULY 4

SUMMER BOOK SALE

at Dunnville Public Library, 307 Chestnut St., runs to Aug. 22 during regular library hours. On opening day, 10,000 items for sale, including books, magazines, DVDs, VHS tapes, CDs and more. New inventory added weekly. Donations accepted. All proceeds benefit Dunnville Public Library.

JULY 5

TRUNK SALE

and bake sale at Morgan's Point United Church, 11430 Lakeshore Rd., Wainfleet, 8 a.m. to noon.

NO. 6 RCAF OPEN HOUSE

10 a.m. to 4 p.m. at the Dunnville Airport hanger 1,536 Pt. Maitland Rd., featuring historical displays, vintage aircraft, museum tours, crafters, Dunnville Cruisers Car Club and antique car flea market. Food available 11 a.m. to 2 p.m. Music by On the Wagon 3 p.m. to 5 p.m. Chicken barbecue from 4 p.m. to 6 p.m. - call 905-774-4799 for tickets.

JULY 9

BLOOD DONOR CLINIC

in the Port Colborne High School gym. Book your appointment at www.blood.ca or call 1-888-2-DONATE.

ONGOING

POINT ABINO LIGHTHOUSE

Guided tours are offered the second

and fourth Saturday of the month, 10 a.m. to 3 p.m. Departure from 1038 Point Abino Rd. S., Ridgeway, next to the Bel-Be Boating Club. Observations recommended. Cost \$6; www.pals.ca.

TAKE OFF POUNDS SENSIBLY

TOPS has meetings available in Welland on Monday or Wednesday evenings and in Port Colborne Tuesday evenings or Wednesday mornings. Come join us and learn how to live a healthier lifestyle. Call or e-mail 289-482-4606 or [e-mail ac.scarone@hotmail.com](mailto:ac.scarone@hotmail.com).

INFERTILITY SUPPORT GROUP

Niagara meetings are held the first Wednesday of each month at 6:30 p.m. for anyone experiencing primary infertility. Call or text 289-821-4606 or [e-mail infertilityniagara@hotmail.com](mailto:infertilityniagara@hotmail.com) for location or more information.

FRIDOMYALGA MEETING

Every second Tuesday through June at Ralejje Lodge, Plymouth Rd., Welland. Mors info, Vicki 905-384-2294. Support, understanding and open discussions.

MAKERS' MARKET

vendors wanted. The Guild Hall Makers' Market, 72 Charlotte St., Port Colborne runs Fridays 3 p.m. to 12:30 p.m. To inquire call Mary at 905-835-0349 or the church office at 905-834-3184.

E-READERS

and Chromebooks are available for loan on Port Colborne Public Library. Drop by the library for more information.

EASTSIDE VILLAGE BINGO

The Golden Age Club hosts Eastside Village Bingo at 184 Mitchell St. in Port Colborne. Doors open at 6:30 p.m., game starts 7 p.m. sharp. The jackpot starts at \$500. For more information call 905-834-0683.

ROSE CITY TOASTMASTERS

meets Thursdays, 7 p.m. to 9 p.m. in the Lower Community Room of Welland Arenas, 501 King St. We focus on improving communication skills...call 289-696-3167 or visit welland.toastmastersclubs.org.

\$5
PAIR

LADIES SANDALS
Assorted, 6-10
#626423
or MEN'S BEACH
SLIDES
Assorted, 7-13
#39254



DRESS BLOWOUT!
\$9 EA. **HUGE
SELECTION!**

JUNIOR-FIT DRESSES
Assorted, S-XL
#666453/666455



THE \$1 \$2 \$3 EVENT!

LOW PRICE!

\$1



LIMIT OF 4
SAVE 1.07
Reg. 2.37
427 g
#364894

bread or buns

LIMIT OF 5
SAVE 1.25

Reg. 3.23
Select items
or bag of 6-475 g
#91026/246387



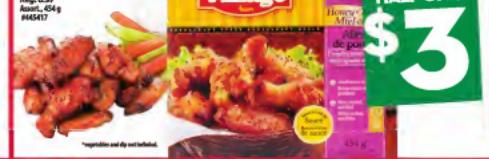
YOUR PICK!

\$2 EA.

chicken wings

LIMIT OF 5
SAVE 3.97

Reg. 8.95
Assort., 454 g
#45417



OVER
HALF OFF!

\$3

Prices in effect until July 8th 2014, while quantities last.

GIANT TIGER
— your **save on everything** store —

200 Fitch Street, Welland

Store hours: Mon. - Fri. 8 am to 9 pm
Sat. 8 am to 6 pm • Sun. 9 am to 6 pm

Join us!



foursquare



WATCH, PIN, POST, LIKE, FOLLOW OR TWEET

GIANT TIGER .com

GIANT TIGER, TIGRE, TIGRE HEAD DESIGN AND OTHER TRADEMARKS IN THIS AD ARE REGISTERED AND UNREGISTERED CANADIAN TRADEMARKS OF GIANT TIGER STORES LIMITED AND ARE LICENSED TO ITS FRANCHISEES.



■ THURSDAY NIGHT CONCERT

LMT Connection, Chops Horns at bandshell

For PelhamNews

LMT Connection and The Chops Horns will keep the Fonthill bandshell audience bopping Thursday night.

LMT's repertoire is

familiar and refreshing. The band can evoke the Motown era while breaking new ground in contemporary music. And nowhere is this more evident than in their live performance.

The Chops Horns started

out doing recording sessions for a series of gospel and R&B artists which led to a lengthy stint with the historic rap label, Sugarhill Records. They served as the horn section for The Police, The Rolling Stones,

Bob Dylan and many more.

Thursday night concerts in Pelham's Peace Park run 7 p.m. to 9 p.m. For more information, visit www.fonthillbandshell.com.

IMPORT NEWS ■ THURSDAY, JULY 3, 2014



SUPPLIED PHOTO

LMT Connection.

SPOTLIGHT on Service

When the electricity fails...

How will you be **AFFECTED?**

Custom Designed Stand-by Power
Installations to Suit Your Needs

Cornell Feenstra Electric Ltd.

All Types of Electrical Installation

Pole Line Installation & Aerial Bucket Truck Service

Call: 905-899-2373 • Fax: 905-899-2383



TEMPERATURES ARE RISING

CALL FOR A FREE ESTIMATE
ON FURNACE &
AIR CONDITIONING PACKAGES

WE SERVICE ALL MAKES & MODELS!

905-892-7787

Heating & Air Conditioning
Residential - Commercial



BOB REID



Home Care is Where Our Heart Is
Call Today And See Why We Are
More Than Just Home Care

CREDENTIALS

- Member of the Chamber of Commerce
- Fully Insured and Bonded
- WCB
- Carefully selected certified personal support workers

Sarah Sharpe

Owner & Personal Support Worker

905-380-8856 • sarahsharpe81@gmail.com

Family Links
HOME HEALTH CARE

SCC Computers

'Where traditional customer service
meets modern technology'

SERVICE | UPGRADES | REPAIRS | USED COMPUTER SYSTEMS

250 Kent St. Port Colborne

905-834-6333

graham@sccomputers.com

www.sccomputers.com

**Reach Over
20,000 Readers!**

**WITH YOUR MESSAGE
IN THIS SPACE**

For Only \$20.00 Per Week
Based on 13 Weeks

Call 905-732-2414 x.260

Cement Flex

NO DIGGING REQUIRED

- Leaking or Cracked Basements • Chimneys •
- Foundations • Patios • Driveways • Epoxy •
- Pressure Washing • Garage Floors •
- Asphalt Driveways, Colour, Design

Property Maintenance

Boe Robinson

905-894-7206

IN BRIEF

Wanted: cyclists wearing bike helmets

Local police are on the lookout for cyclists wearing helmets.

Once again, the Brain Injury Association of Niagara is organizing the campaign. We Caught You Using Your

Head to encourage cyclists, skateboarders, muscle-powered scooter riders and rollerbladers to wear a bike helmet.

A helmet could save a life or prevent brain injury, says Brian's Pal Dracup.

Head injuries are the main cause of serious injury and death to kids on bicycles. A properly fitted and correctly worn helmet can cut the risk

of serious head injury by up to 85%.

The Niagara EMS Bike Medic team, NRP, OPP and Niagara Parks Police will be watching for people wearing helmets.

If you are spotted you could receive a \$25 gift certificate to the Falls, or vouchers for the Niagara Skywheel at Clifton Hill.

The campaign launched this week.

Corvette Club holding annual show at Fort George

Because of the increase in car entries and public interest, the annual Niagara Corvette Club is moving its annual car to the area surrounding Fort George in Niagara-on-the-Lake. The annual Cruise-in on

the Parkway is July 27 and includes vehicles from Ontario, Michigan, Ohio and New York.

Admission for the public is free while there is a \$20 entrance fee per car for participants. The event attracts hundreds of visitors, and runs from 10 a.m. to 3 p.m. Proceeds from the car show will be donated to the Niagara Children's Centre.

SPOTLIGHT on service

Shisler Bros.

TOPSOIL & CRUSHED STONE



deliveries across niagara

CALL 905-894-1662

J. SNEEK PLUMBING

BUS 905-964-2135
HOME 905-834-1235
sneekplumbing@live.ca

JOHN SNEEK
OVER 25 YEARS EXPERIENCE

RENOVATIONS/ADDITIONS
WATER BACKUP SYSTEMS
FULLY INSURED/GUARANTEED WORKMANSHIP

• SINCE 1984 •
SHERKSTON
CELEBRATING 30 YEARS
FAMILY GO-KARTS

Book your Birthday Party today - 905-894-4445
799 EMPIRE RD - SHERKSTON, ON

**2 LAPS
FREE**

With purchase of
5 laps for \$11.00

Port Colborne Landscaping

Since 1974

Spring Clean-up

Aerating & Rolling
Dethatching & Fertilizing

BOOK NOW!

GENERAL LAWN & GARDEN MAINTENANCE

Bill Cohoe

731 Sugarloaf St. Port Colborne

905-835-8266



Mario's

**Residential
Maintenance + Landscaping**

Free Estimates
Call Mario!

Owner: Mario Recine
Phone: 905-835-8922
Cell: 905-933-3202
Cell: 905-933-0909

**Spring Cleanup's
Garbage Dump Runs
Junk Removal
Building Pergolas,
Patio, Fire Pits,
Decks + Fences**

Matteo's
RISTORANTE

905-732-2111

125 East Main Street, Welland, Ontario



NOTICE OF PUBLIC MEETING PROPOSED DEVELOPMENT CHARGE BY-LAW AND BACKGROUND STUDY

PURPOSE

A public meeting held pursuant to the provisions of Section 12 of the Development Charges Act, R.S.O., 1997 is being held to present and obtain public input on the City's proposed development charges by-law and underlying background study. The Development Charges Act requires municipalities to update their Development Charge By-law every 5 years, including a background study and creation of a new by-law.

STATUTORY PUBLIC MEETING

Date: July 28, 2014
Time: 6:30 PM
Location: City Hall Council Chambers, 3rd Floor
 66 Charlotte Street, Port Colborne

HAVE YOUR SAY

Input on the proposed study and by-law is welcome and encouraged. You can provide input by speaking at the public meeting or by providing written comments to the City.

WRITTEN SUBMISSION

To provide input in writing or to request personal notification of a decision of Council, please send correspondence c/o City Clerk, 66 Charlotte Street, Port Colborne Ontario, L3K 3C8.

MORE INFORMATION

For more information, please contact Lindsay Richardson, Community/Policy Planner at 905-835-2901 ext 129 or via email at lindsayrichardson@portcolborne.ca. A copy of the background study and proposed by-law will be made available in the Planning and Development Department, 2nd floor, City Hall for review as of Monday July 14, 2014 or it can be found on the City's website at www.portcolborne.ca.



Individual Club Seats for sale at Meridian Centre

Individual Club Seats for the Meridian Centre are now available. The padded leather seats located in a special section behind the visiting teams net and also give seat holders head-on views for concerts.

Club seats include Niagara IceDogs season tickets and first night of refusal for all events at the Meridian Centre as well as access to the Club Lounge with premium food and beverages.

Club Seats are available in seven, five and three-year terms, with seat selection based on term length. The seats start at \$1,500 per year plus taxes.

For more information in purchasing Club Seats can contact The Superative Group at 216.592.9400 or superatilegroup.com.



AARON BOGGIO
R.Ph.B.Sc.PHm



LARRY BOGGIO
R.Ph.B.Sc.PHm. (owner)

Our heart is like the engine of our body. Without fuel, it will not work, without maintenance and regular use, it will not function properly, and if you look after it, it will last for many years without the need for repair.

The fuel for our heart is the food we consume. Healthier food choices will result in a healthier, stronger heart. HERE ARE FIVE EASY WAYS TO IMPROVE YOUR HEART:

1. COOK WITH LESS FAT – STEAM, BAKE, BROIL, OR GRILL MEAT, POULTRY OR FISH INSTEAD OF FRYING.
2. EAT MORE VEGETABLES AND FRUIT – ADD THEM WHEREVER YOU CAN: SOUPS, SAUCES, STEWS, FRESH, FROZEN OR CANNED ARE ALL HEALTHY CHOICES.
3. USE LESS SALT – TRY TO AVOID ADDING SALT OVER TIME WHEN COOKING AND ALWAYS TASTE YOUR FOOD BEFORE SHAVING THE SALT OVER IT TRY FLAVOURING YOUR FOOD WITH HERBS, SPICES, GARLIC, OR LEMON RATHER THAN SALT.
4. COOK WITH MORE WHOLE GRAINS – USE BROWN RICE, WHOLE WHEAT FLOUR, OR ALEA WHOLE WHEAT PASTA IN RECIPES WHERE YOU WOULD NORMALLY USE THE WHITE VERSION. ALSO, INSTEAD OF QUICK OATS, USE WHOLE ROLLED OATS AS THEY ARE THE HEALTHIER OPTION.
5. DON'T MISS OUT ON FIBRE – EAT THE PEEL WITH THE APPLES OR THE SKIN OF A BAKED POTATO FOR EXTRA FIBRE AS LONG AS THEY ARE WASHED. YOU COULD ALSO ADD RINSED, CANNED BEANS TO RECIPES FOR A FIBRE BOOST!

Only physical activity is the regular use that your heart needs to continue functioning properly. According to Canadian Physical Activity Guidelines, adults 18-64 should be doing a total of at least 150 minutes of aerobic activity each week. An easy aerobic activity is walking or running on a road or trail. Other activities include cycling, swimming, dancing, or strength training. The best way to get started is to focus on physical activity into your daily routine. Take the dog for a brisk walk around the block, spend a day at the park with the family on the weekend, or come gardening, or maybe join a dance class and make some new friends too!

Along with a well-balanced diet and daily physical activity, your heart needs a check-up every once in a while. Your doctor can check your weight, blood pressure, cholesterol levels and blood sugar during an appointment to see that your heart is in a good working order and may make recommendations to you based on the results.

STRESS

Drinking too much alcohol, smoking and high levels of can also have negative effects on the heart. If you drink alcohol, limit it to one or two more per week. If you smoke, it's a risk for you, if you are a smoker, the sooner you become smoke-free, the sooner your body will recover. Talk to your physician about different ways to kick the habit. Everyone experiences the feeling of being stressed at some point or another, but the key is how you handle it. It may be as simple as taking a few deep breaths or practice yoga, while others may do daily meditation or practice yoga to remain stress-free. Taking time for yourself each day to do something you enjoy is another way of keeping your stress level to a minimum. Find a new hobby, activity or project that you might enjoy doing either on your own or with friends.

Many people will already be doing one or more of these things to look after their hearts, and that is great, but if this all seems a bit daunting, don't worry because of course, you do not have to make all of these changes at once! Decide to make one change this month and maybe add another next month. Before long, you'll be right on track to keeping your mind, body and heart happy and healthy.

BOGGIO PHARMACY

200 Catherine St., Port Colborne

905.834.3514

www.boggios.com

Save up to 60% No strings Attached!

frugal fridays



Volcano Pizzeria	The Smokin' Buddha	IHOP
Rio Vista Golf	Matteo's Restaurant	ICC Golf
MT Bellies	Cheer's	Hernder Estates Wines
Pelham Hills Golf Club	Illuminagua Concert Series	Mick & Angelo's
Don Cherry's	Blakes Men's Wear	Mori Gardens
Sandtrap Pub & Grill	Stevensville Garden Gallery	Old Bank Bistro
Shaw Festival	Aapex Driving Academy	Parkway Lanes
My Place bar & Grill	Dairy Queen	Stone Mill Inn
Victoria Fireworks	Family Recreation	Silvestri Sports
CrossFit Welland	Doc Magilligan's	Strada West



.....and many more!

AVAILABLE ONLINE ONLY

THIS FRIDAY JULY 4th - 7:00am - 7:00pm ONLY!!

InportNews.ca/FrugalFridays



Port Colborne Lions

Carnival

JULY 10 - 13, 2014

PRESALE TICKETS AVAILABLE AT

- PC Home Hardware • King Street Family Chiropractic • Zoli Swartz Service • Christopher's Pizza
- Sugarloaf Esso • Bodner's Market • Tucks Jewellers • The Ice Box • Rob 905 835 1824



WORLD'S FINEST SHOWS
RIDE-SAFE PROGRAM
DATES & TIMES
Thursday July 10th - 6 pm - 11 pm
Friday July 11th - 6 pm - 11 pm
Saturday July 12th - 1 pm - 11 pm
Sunday July 13th - 1 pm - 6 pm

Fish Fry- Friday Night
Waffles and Donuts - Every night
Bingo - Every night - Sunday 3pm - 6pm
Main Food Booth - Sausage, Hamburgers, Fries,
Pizza and Hot Dogs
Two Crown and Anchor Wheels
FRIDAY IS WRIST BAND NIGHT \$25.00

PRIZES

1. Nightly draw - Stuffed animal - \$100 cash per night Donated by Tuck's Jewelers
2. Electric Scooter donated by Royal LePage Real Estate
3. Barbecue and \$200 Meat Package Provided by Tender Cuts And PC Home Hardware
4. A Garage heater donated by Easy Radiant Works Wainfleet.
5. Prize draws will be held on SUNDAY at 7 pm
6. Custom Home Cinema system, LG Hi-Def & Sound Bar provided by Davidson Funeral Home and PC Home Hardware
7. 2014 21 Speed Bike and Helmet provided by Canadian Tire, Port Colborne
8. No Fritts Port Colborne, 1 year's worth of groceries (\$100 a month for 12 months)
9. Lioness \$2000 Money Draw, provided by Port Colborne Lioness

Port Colborne's own
Music Depot Superstars
Friday 7:30 PM



Vouchers only on
sale until July 09th

PORT COLBORNE LIONS CLUB
Presents 84th Annual
CARNIVAL
WORLD'S FINEST SHOWS • JULY 10th - 13th

LIONS FIELD

Corner of Elm St.
& Killaly St. W.

PORT COLBORNE

DRAW IS ON AUGUST 5TH AT
MARKET SQUARE



2nd Prize \$2500
3rd Prize \$1500
4th Prize \$1000

*Car purchased with donated
support from Patterson Chrysler Fort Erie*

**GRAND
PRIZE**

**2014
CHRYSLER
200**

Advanced Tickets

\$15.00
WRISTBAND

Must be purchased by end of day July 8th

Friday Wristbands

\$25.00
WRISTBAND

CASH DRAWS

July 10th \$200 • July 11th \$200
July 12th \$200 • July 13th \$1200

We Will have drums
set-up at the
Main Food Booth
to collect Food Donations

THURS • FRI • SAT • SUN JULY 10th • 11th • 12th • 13th



Classifieds

importnews.ca/classifieds

Phone: 1-866-541-6757 • Fax: 1-866-485-8461 • Email: importnews.classifieds@sunmedia.ca



Careers

Careers

Careers

The Community of Portal Village
DIRECTOR OF CARE

We are currently seeking applications for a Director of Care, for our retirement facility in Port Colborne, Ontario.

Candidates will possess the following:

- A current license as a Registered Nurse in good standing with the College of Nurses of Ontario, to provide excellent nursing care to residents utilizing evidenced based practices according to professional standards.
- Previous management experience working in a retirement home environment where your primary focus is overseeing resident care are an asset.
- Excellent leadership qualities and ability to maintain a harmonious team.
- Work as an integral part of the management team demonstrating skill, knowledge and experience in completing physical assessments of patients.
- Interpersonal communication skills demonstrating empathy, compassion and understanding.
- Excellent customer service skills.
- Adaptability and flexibility to changing needs of clients and work environment.
- Reliable attendance expectations.

Submit your resume by July 11th, to:
jobs@portavillage.com

Or address to:
Human Resources
Portal Village Retirement Community
300 Elgin Street, Port Colborne, ON L3K 6A3

Only those considered for an interview will be contacted

Building Supplies

STEEL BUILDINGS / METAL ROOFING
UP TO 85% OFF!!
30x40, 40x60, 50x60,
60x100, 80x100 self
store units available.
Call: 1-800-457-2206
www.crownsteelbuildings.ca

Garage Sales
Flea MarketsYARD
SALE
HUGE

6865 Michener Road,
St. Catharines, ON
77m² Working Ego's,
Tools, Furniture, Fishing
Nets and more!

Product/Food

DEVRIES
FRUIT FARM
Fresh Strawberries
Picked Daily & Fresh
Vegetables, Apples,
Pears, Peaches,
Pineapples, Eggs,
Berries, Lettuce,
8225 Cardoro Rd. 1
km West of Farnwick,
Call 905-852-4724
Closed Sunday

SWEET CHERRIES
Strawberries
Picked June 28th!
Now offering discounts
Matthews
1909 Elfringham St.
905-852-8166

Miscellaneous

ROOF TUB
(JELLY CANDIES,
Best Price,
Best Quality,
All Colors &
Colors Available.
Call 1-866-652-6837
www.jellycandy.ca
or
www.jellycandy.com

Apartments

2 BDRMS available.
Spacious & quiet,
mature living,
bakeries, laundry,
supermarket &
close to Mapletown
bus & shopping.
Storage & garage
579 CRAVE, AVE.
Call 1-905-735-5745

KINGS MANOR
on Glast Park Dr.
1 & 2 bdm apt.
Part of Kings Park
exxage. 905-734-9235
or 905-714-1350

PORT COLBORNE
2 BDRM upper, C/D,
F/B, deck, 9475+ u/s.
Available now.
(905)835-1245.

General Help
Wanted

WINTER HIRING!!!
Underwear Shoppers
Needed!!!
Easy online computer
work. \$275/Week
assessments required.
\$1000 weekly
Paid in advance!!!
Must be 18+ years old,
pft. Genuine
experience
Unemployed
www.AvailableWithIP
Wanted.com

Public Notices

CRIMINAL RECORD?
Canadian Criminal
Suspension (Criminal
parties) sealed record.
American record
allows legal entry.
Risk of employment,
Immigration,
licensing, deportation,
parent of mind.
Free consultation:
1-800-347-2540

CRIMINAL RECORD?
Don't let a criminal
ruin your career plan! Since
1989 Confidential, fast
Affordable, reliable.
Rating: EMPLOYMENT
& IMMIGRATION
Call for FREE INFO
BOOKLET 1-844-NOW
(1-866-972-7386)
www.RemoveYour
Record.com

Renovations

KEN'S RENO KIT.
Plumbing, Electrical,
drywall, sheet rock,
hardscaping, Lam., deck,
kitchen, bathroom,
basin, door, windows.
Call Ken at 905-734-6642.

Astrology Psychic
Consultants

TRUE PSYCHICS
For Answers CALL
NOV 24-25 10:00 AM
1-877-342-3032
Mobile: #4496
www.truepsychics.ca

Adult
Entertainment

LOCAL HOOKUPS
BDSM, SWING, SWINGING
1-888-628-0790 or
Mobile #7878



CLASSIFIEDS!
FIND ANYTHING HERE!



Find it fast!



Find it today!

ImportNews.ca/Classifieds

Local. Easy. Fast.

LAMPMAN FURNITURE



Canadel Special Purchase

25%
OFF

45%
OFF

UP TO
75%
OFF

SOLID HARDWOOD DINETTES DINING ROOM
HUTCHES, BUFFETS, SERVERS...MADE IN CANADA



728 Canboro Rd., Fenwick, Ontario

905.892.4701 • 1.800.892.4702

www.lampmanfurniture.com

Mon-Tues 9-6,
Wed & Sat 9-5,
Thurs-Fri 9-9,
Sun Noon-4





CANADA'S

SUMMER STORE

Little Tikes Slam N' Curve Slide



SALE
\$329.99
Reg \$399.99

#94-2516-2

Little Tikes Rocky Mountain River Race



SALE
\$399.99
Reg \$469.99

#94-2810-4

3D Shark Bite Water Slide



SALE
\$239.99
Reg \$299.99

#94-4272-6

Grand Slam Baseball Slide



SALE
\$23.99
Reg \$29.99

#94-4262-2

Coleman 6 Player Croquet Set



SALE
\$59.99
Reg \$69.99

#94-2517-4

3-in-1 Tailgate Combo Set



SALE
\$39.99
Reg \$49.99

#94-3212-4

Travel Volleyball/Badminton Set



SALE
\$79.99
Reg \$99.99

#94-3211-4

Coleman Bocce Set



SALE
\$69.99
Reg \$79.99

#94-2715-3

Airhead Blast 1 Rider Tube



SALE
\$199.99
Reg \$199.99

#79-7019-1

Airhead Transformer Towable Tube



SALE
\$359.99
Reg \$399.99

#79-7115-4

Body Glove Styl'n Stealth Towable Tube



SALE
\$224.99
Reg \$299.99

#79-7126-1

Airhead Slice 2-Rider Tube



SALE
\$119.99
Reg \$119.99

#79-7003-3

Disney Infant PFD



Reg \$34.99

#79-1814-4

Fluid Adult Deluxe PFD



Reg \$49.99

#79-1528-2

KeepAFloat Universal Three-Belt PFDs, 4-Pk



Reg \$69.99

#79-2123-0

Body Glove Elite Boys Nylon PFD



Reg \$59.99

#79-1834-4

"Product May Vary By Store"

AMLEBO RD.
NIAGARA FALLS
905 366-0161

MINITRIBE RD.
NIAGARA FALLS
905 384-2848

GARRISON RD.
FORT ERIE
905 871-1564

HEART RIVE DR.
PORT COLBORNE
905-826-1166



CANADA'S SUMMER STORE

17" X 9" TENT



\$219⁹³
SAVE 37%

Reg. *149⁹⁹ #76-5086

COLEMAN INSTANT TENT, 6-PERSON



\$167⁹⁹
SAVE 30%

Reg. *239⁹⁹

#76-5162-4

BROADSTONE DOME TENT, 7-PERSON



\$99⁹⁹
SAVE 37%

Reg. *159⁹⁹

#76-2254-4

10 PERSON INSTANT TENT



\$249⁹⁹
SAVE 31%

Reg. *309⁹⁹

#76-2195

BROADSTONE DELUXE QUAD CHAIR



\$119⁹⁹
SAVE 43%

Reg. *19⁹⁹ #76-1437-6

ESCORT DELUXE ARMCHAIR



Reg. \$99⁹⁹

#76-1526-4

BROADSTONE MESH QUAD CHAIR WITH WINE GLASS HOLDER



Reg. \$24⁹⁹

Reg. *15⁹⁹

#76-2487-0

ROOTS ARMCHAIR



\$29⁹⁹
SAVE 17%

Reg. *35⁹⁹

#76-1430-0

COLEMAN ADVANTAGE 50 QUART (47 L) COOLER



Reg. \$49⁹⁹

#85-3441-0

COLEMAN ADVANTAGE 36 QUART (34 L) COOLER



Reg. \$39⁹⁹

#85-3433-0

COLEMAN POLY-LITE COOLER



Reg. \$26⁹⁹

#85-3435-6

COLEMAN XTREME 62 QUART (59 L) COOLER, WHEELED



\$79⁹⁹

Reg. *109⁹⁹

#85-3499-4

BROADSTONE SLEEPING BAG, 2-LBS



Reg. \$39⁹⁹
SAVE 20%

Reg. *40⁹⁹ #76-0732-8

BROADSTONE SLEEPING BAG, 3-LBS



Reg. \$49⁹⁹
SAVE 15%

#76-0733-6

ESCORT SLEEPING BAG, 5-LBS



Reg. \$34⁹⁹

#76-5179-6

COLEMAN 2-LB SLEEPING BAG



\$29⁹⁹
SAVE 30%
SALE

Reg. *39⁹⁹

#299-0307-2

MCLEOD RD.
NIAGARA FALLS
905-359-0181

MONROSE RD.
NIAGARA FALLS
905-354-3948

GARRISON RD.
FORT ERIE
905-871-1864

WEST SIDE DR.
PORT COLBURN
905-835-1155